

**INDIAN VEGETARIAN RECIPES**  
(WITHOUT *PUNGENT* OR *HOT* SPICES)

**AND**

**EGG-FREE BREADS AND DESSERTS**

**Recipes used by**

**C.V. RAMAKRISHNAN**

**This booklet is dedicated to my grandchildren, Maya Troll and Rajan Troll who encourage my cooking by praising even my under and overcooked foods!!**

**It will be of interest to people who like indian vegetarian food without hot spices and egg-free breads and desserts.**

**Acknowledgements: When my wife, Rajalakshmi got a stroke last year, I decided to learn cooking and take charge of the kitchen. I pestered her to let me know all the recipes she used. Similarly I tried recipes used by my daughter, Lalita Ramakrishnan and the recipe for peda given by Dr.Sunandha Sekar. This booklet is the outcome of my attempt to use these recipes.**

**This booklet would not have seen the light of the day but for the valuable help of Susan Samuelson and Patricia Leigh who have edited, typed and put this booklet in the internet.**

## **MEASUREMENTS/CONVERSIONS**

1 Quart = 32 oz = 400 ml

1 cup = 8 oz = 200 ml

1 stick butter = 4 oz =  $\frac{1}{2}$  cup

Tbls = tablespoon =  $\frac{1}{2}$  oz

tsp = teaspoon

1 oz = 25 g<25 ml>

1 pint = 600 ml



<b>MASALA POWDERS</b>	<b>10</b>
Rasam Podi	10
Kootu Podi	10
Sambhar Podi	10
Paruppu Podi	11
<b>GHEE, YOGURT, VAHAR, AND SPICES</b>	<b>12</b>
Ghee (clarified butter)	12
Yogurt	12
Vahar	12
Spices	13
Roasting Rava (Farina or Soji), Green Gram (Moong) Dal and Dessicated Coconut.	13
Chili Powder (molaka podi)	13
<b>CHUTNEYS &amp; PACHIDIS</b>	<b>14</b>
Coconut Chutney	14
Vegetable Skin Chutney	14
Thur dal Chutney	15
Danger Pachidi	15
Tomato and Cucumber Pachidi	17
Fruit Pachidi	17
<b>IDLI</b>	<b>18</b>
Idli Batter	18
Kancheepuram Idli	18
<b>VADA</b>	<b>20</b>
<b>DOSAS</b>	<b>20</b>
Sada Dosa Batter (Basic)	20

<b>Wheat (Atta) Dosa Batter</b>	<b>22</b>
<b>Oats Dosa Batter</b>	<b>22</b>
<b>Rava Dosa Batter</b>	<b>22</b>
	<b>24</b>
<b>Khaman</b>	<b>24</b>
<b>PANCAKE</b>	<b>26</b>
	<b>26</b>
<b>ADAI</b>	<b>27</b>
	<b>27</b>
<b>GRAVIES, SAMBHAR, RASAM</b>	<b>28</b>
<b>Three dal gravy</b>	<b>28</b>
<b>Buttermilk Sauce (Kadi)</b>	<b>29</b>
<b>Tomato Sauce (Kozambu)</b>	<b>30</b>
<b>Varutharacha Kozambu</b>	<b>30</b>
<b>Eggplant Rasa Vangi</b>	<b>32</b>
<b>Rasam</b>	<b>32</b>
<b>Sambhar</b>	<b>33</b>
<b>Vegetable Soup</b>	<b>34</b>
<b>RICE DISHES, VEGETABLE PIE, PASTA AND PORRIDGE</b>	<b>35</b>
<b>Cooking Rice</b>	<b>35</b>
<b>Coconut Rice</b>	<b>35</b>
<b>Lemon Rice</b>	<b>36</b>
<b>Tamarind Rice</b>	<b>36</b>
<b>Venpongal</b>	<b>37</b>
<b>Sakkarai Pongal (Sweet Pongal)</b>	<b>37</b>

Yogurt Rice	39
Pulav Rice	40
Vegetable Pie	41
Pasta	42
Porridge	43
<b>VEGETABLES AND SALADS</b>	<b>44</b>
Green Beans, Carrots, Cabbage	44
Spinach and other Greens	44
Spinach-Potato Curry	44
Buttermilk spinach	46
Potato Podimas	46
Mashed Potatoes	47
Cooking Corn on the cob	47
Bittergourd (Karela)	47
Stuffed Bhindi (Lady fingers)	48
Baked Eggplant	48
Kootu	49
Sundal	50
Vadai Paruppu	50
Avial	51
Carrot Salad	51
<b>BREADS AND ROLLS</b>	<b>52</b>
Orange Bread	52
Buttermilk Rolls	53
Buns	54
<b>DESSERTS AND SNACKS</b>	<b>55</b>

<b>Oatmeal Raisin Cookies</b>	<b>55</b>
<b>Marzipan Chocolate Cake</b>	<b>56</b>
<b>Chocolate Icing (for one cake)</b>	<b>56</b>
<b>Carrot Cake</b>	<b>58</b>
<b>Light Fruit Cake</b>	<b>59</b>
<b>Apple Sauce Cake</b>	<b>60</b>
<b>Chocolate Cake</b>	<b>61</b>
<b>Peda</b>	<b>61</b>
<b>Orange Cake</b>	<b>63</b>
<b>Dutch Apple (or peaches or plum) Cake</b>	<b>64</b>
<b>Fruit Pie</b>	<b>65</b>
<b>Short Bread</b>	<b>67</b>
<b>Baked Apples</b>	<b>69</b>
<b>Cheese Biscuits</b>	<b>70</b>
<b>Rice Kheer</b>	<b>72</b>
<b>Badam Kheer</b>	<b>73</b>
<b>Apple Sauce</b>	<b>74</b>
<b>Mango Srikand</b>	<b>74</b>
<b>Mango Ice Cream</b>	<b>75</b>
<b>Sweet Potato Dessert</b>	<b>77</b>
<b>BEVERAGES</b>	<b>80</b>
<b>Mango Lassi (Mango Buttermilk)</b>	<b>80</b>
<b>Mango Milk Shake</b>	<b>80</b>
<b>Panagam (Sugar drink)</b>	<b>81</b>
<b>Neer more (Buttermilk drink)</b>	<b>81</b>
<b>INGREDIENTS USED FOR RECIPES AND STORES THAT CARRY THEM.</b>	
<b>82</b>	







## MASALA POWDERS

### ***Rasam Podi***

- 1 cup Dhania (coriander seed)
- ¼ cup Jeera (cumin)
- ½ cup Thur dal
- ¼ cup Chana dal
- ¼ cup black pepper<option>
- 1 tsp turmeric powder
- 1/8 cup mustard seed<option>
- 1/8 cup red chilli<option>

Roast each ingredient except turmeric powder separately, grind and mix together along with turmeric powder and a pinch of Hing<Asoefidia>

### ***Kootu Podi***

- 1 cup Dhania (coriander seed)
- 1 cup (Thur dal)
- 1 cup Urd dal
- ½ cup chana dal

Roast each, grind and mix together.

### ***Sambhar Podi***

- 1 cup Dhania (coriander seed)
- 1 tsp methi seed (fenugreek)
- ½ cup chana dal
- ½ cup Thur dal

¼ cup chilli powder<option>  
1 tsp mustard powder  
1 tsp turmeric powder  
pinch of Hing

Roast Dhania, Methi, Chana dal and thur dal separately and mix together with turmeric powder, chilli powder and hing.

### \_\_\_\_\_***Paruppu Podi***

Roast 3 cups Thur dal and 1 tsp jerra and grind together. Add 1 tsp salt and mix.

If you want you can add 1 tsp black pepper powder and 1 teaspoon red chilli powder

Gujarathi podi for Vegetables

They add this along with salt to steamed or cooked vegetables

Roast slightly Coriander seed and cumin seed. Mix them in the ratio 60: 40

## \_\_\_Ghee, Yogurt, Vahar, and Spices

### \_\_\_Ghee (*clarified butter*)

Heat 3 lbs unsalted butter at high temperature till it melts. Lower the heat and cook till all scum become cheese colored. Take off the heat and filter through a strainer and store in the fridge in covered container.

### \_\_\_Yogurt

- 1 quart milk (2% or whole)
- 1 Tbls old yogurt

Heat the milk for 8 minutes in the microwave uncovered. Cool till just slightly warm. Heat oven to 140° and **turn off**. Add 1 Tbls old yogurt, mix, cover and put in oven for 8-10 hours.

If you don't have old yogurt, add 2 tsp Dannon unpasturized yogurt which contains fresh cultures. If you make this 3-4 times, you'll get natural cultures from your own yogurt.

### \_\_\_Vahar

When you see the word "Vahar" in a recipe, it means to put equal amounts of three ingredients: fried Bengalgram dal, urd dal, and mustard seed, in whatever you are making.

Fry Bengalgram dal, urd dal, mustard seeds separately in vegetable oil. Fry Bengalgram dal till golden in color and sizzling of water in the dal stops. Fry urd dal also till golden in color. Fry mustard seed till popping stops and it looks grey. Put in jar with tight seal and store.

## ***Spices***

Fry Dhania in oil and store in a jar with a tight seal.

Fry Jeera (cumin seed) and black pepper in ghee and store in a jar with a tight seal.

## ***Roasting Rava (Farina or Soji), Green Gram (Moong) Dal and Dessicated Coconut.***

Place each on a tray and roast for 30 minutes in an oven heated to 250°. Then turn off the oven and roast them for another 15 minutes. Store in airtight containers.

## ***Chili Powder (molaka podi)***

½ cup each of fried Bengal gram dal and urd dal  
1 Tbls Roasted sesame seed  
touch of Hing  
½ tsp salt  
optional: 1 tsp roasted, powdered red chili

Mix them and grind coarse. Add a touch of Hing and ½ tsp salt. For hot powder, add 1 tsp roasted and powdered red chili.

## **CHUTNEYS & PACHIDIS**

### ***Coconut Chutney***

1/6 cup fried bengalgram dal (chana dal)  
1 cup dessicated coconut -  
4 Tbls lemon juice  
a touch of Hing  
½ tsp salt  
1 tsp sesame oil  
1 tsp fried mustard seed  
10 leaves of fresh cilantro

Grind the Bengal gram dal and coconut with 2 cups of water; add lemon juice, salt, sesame oil, mustard, cilantro and mix well.

### ***Vegetable Skin Chutney***

skin of one long snake gourd, baked eggplant or any vegetable  
1 tsp salt  
1 tsp each of Vahar i.e., one tsp each of fried bengalgram dal,  
fried urd dal, and fried mustard seed.  
3 tsp corn oil

Fry the skin in oil and grind it with other ingredients.

### ***Thur dal Chutney***

1 cup thur dal  
½ tsp salt  
2 tsp dessicated coconut

Fry thur dal in corn oil. Grind with salt and coconut with a little water for a thick chutney.

### ***\_\_\_\_\_Danger Pachidi***

2 cups yogurt  
2 Tbls roasted urd dal powder  
1 tsp fried mustard seed  
½ tsp salt  
a touch of Hing  
1 tsp dessicated coconut  
6 leaves cilantro

Mix together.

### **Orange peel Pachidi**

One cup peel of orange from which white matter is completely removed, cut into small pieces and fried in vegetable oil

60 g tamarind soaked in 3 cups warm water for 3 hours and extract made

1 tsp brown sugar 1 tsp fried mustard

pinch of hing

1 tsp dried curry leaves crushed to small pieces  
½ tsp salt



To tamarind extract add orange peel,heat,add salt,brown sugar,mustard,hing and curry leaves.When it is heated for 2 minutes,remove and cool.

### ***Tomato and Cucumber Pachidi***

- 1 cucumber
- 1 tomato
- 3 cups yogurt
- ½ tsp salt
- a touch of Hing
- 1 tsp roasted urd dal powder
- ¼ tsp sugar
- 1 tsp fried mustard seed
- 6 leaves fresh cilantro

Remove the skin and seeds from cucumber and cut into small pieces. Cut tomato into small pieces. Add yogurt and other ingredients and mix.

### ***\_\_\_\_\_Fruit Pachidi***

- 2 cups of cut pieces of various dried fruits<dried apricot,figs,apple,currents,dates etc>
- 1 cup dark brown sugar
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- 1 tsp cardamom
- 5-6 threads saffron
- ½ cup raisins
- 2 tsp honey
- 5-6 cloves

Cook mixed dried fruits in a little water. Add other ingredients and mix well.

## **Idli**

(Idli is a steamed rice cake made from rice and legumes.)

### **\_\_\_\_\_Idli Batter**

1 cup urd dal  
2 tsp fenugreek (methi) seeds  
2 ½ cups Idli rice (coarse rice similar in appearance to farina.  
Available from Indian stores>)  
1 tsp salt

Soak urd dal and fenugreek seeds and idli rice in water for 5-6 hours. Drain, reserving soaking water and in the idli grinder which has stone grinder and works in low electricity, grind the dal fine for 11 minutes using a little of soaking water. Then grind soaked idli rice for 11 minutes after removing most of the water. Mix both well and add 1 teaspoon salt and mix. To make the mix semi liquid add soaking water you preserved .

Cover with loose lid and put in the oven preheated to 140° and **turned off**. Leave in oven for 12 hours to ferment.

### **\_\_\_\_\_Kancheepuram Idli**

*To the idli batter add:*

6-8 ghee fried black pepper  
6-8 small pieces of peeled fresh ginger  
½ tsp ghee fried Jeera (cumin)

To make idlis, you can use an idli vessel or any device as a steamer. (similar to an egg poacher). Put water in the bottom of the cooker. Pour the Idli batter into forms or molds that have been rubbed with sesame oil and cover and steam to cook for 10-12 minutes.<steam till the fork dipped comes out clean>

Super Idli

A rice- 6 parts

B whole grain legumes – 1 part

C split dals – 1 part

B includes lentils, cowpeas, moong in equal parts

C includes udad dal, chana dal, tuver dal in equal parts

Day 1 : Soak B in water for 6-12 hours and sprout for 12-24 hours

Day 2 : AM : soak C and A

PM :ind all ingredients< A, B , C separately>,mix well  
adding 1 tsp salt,aerate thoroughly<add water if batter is thick and  
rava<farina> if it is thin>

Ferment overnight.When fermented,add cashews,fried and crushed  
pepper<10 peppers>,1 tsp crushed dried curry leaves,small bits of  
peeled ginger,1/2 tsp crushed green chillies,2 Tsp dessicated coconut  
and steam..

Don't stir the batter.you can add ½ tsp baking soda in a little yogurt  
and add to batter and mix it lightly

## **Vada**

2 cups urd dal  
1 tsp salt  
10 chopped curry leaves  
corn oil  
a pinch of hing

Soak urd dal in water for 4 hours. Drain water and grind fine *without adding water*. Add salt, hing and curry leaves. And mix. Heat oil in container. Don't allow the oil to smoke. Take a small plate, on the back of it wet with water, take a small ball of batter, flatten it on a wet plate. Make a hole, dip in hot oil. When sizzling of water in the batter stops, vada will float. Turn it and cook till brown.

## **Dosas**

(Dosa is a thin pancake that can be served plain or filled with cooked potato masala for Masala Dosa. Following are a number of variations for Dosa Batter.)

### **\_\_\_\_\_ *Sada Dosa Batter (Basic)***

1 cup urd dal  
3 cups rice  
2 tsp fenugreek seeds (methi)  
1 tsp salt

Soak mixture of urd dal, fenugreek and rice in water for 5-6 hours. Grind fine in a mixie. Add salt and mix well. Cover with lid and put in preheated oven 140°. Turn off the oven and leave it closed for 12 hours for batter to ferment.

Heat a thick Tava (pancake making pan). Add a tsp of corn oil and spread with paper towel or newspaper. Pour in batter and spread it. When it starts to brown around the edge and bubbles form, turn and heat for another ½ minute or until done

## Maida dosa

1 All purpose flour<maida. 1 cup

2 Rice flour 1 cup

3 Salt 2 tsp

4 Fried mustard seed 1 tsp

5 ½ tsp chopped green chillies, 1/2 tsp cut pieces of peeled ginger, 1 tsp cut onion<option>

Make a batter using these ingredients and butter milk to dosa consistency

### **\_\_\_\_Wheat (Atta) Dosa Batter**

3 cups whole wheat flour  
1 cup rice flour  
1 tsp salt  
½ tsp fried mustard seed  
a touch of Hing  
5-8 leaves cilantro

Make the batter by mixing the above ingredients in buttermilk to batter consistency.

### **Maida Dosai**

All purpose flour<maida> 1 cup

Rice flour – 1 cup

Salt 2 tsp

Fried mustard seed 1 tsp

½ tsp cut pieces of green chilies, 1 tsp chopped onions, 1/2 tsp peeled and cut pieces of ginger<option>

make the batter by mixing the ingredients in butter milk to batter consistency

### **\_\_\_\_Oats Dosa Batter**

2 cups rolled oats  
1 cup rice flour or whole wheat flour  
1 tsp salt  
1 tsp fried mustard seeds  
a touch of Hing  
10 pieces cashew nut

Mix in buttermilk to batter consistency.

### **\_\_\_\_Rava Dosa Batter**

2 cups Rava (soji)  
1 cup Rice flour

- 1 tsp salt
- 1 tsp fried mustard seeds
- a pinch of Hing
- 10 pieces cashew nut

Sunandha's recipe;

3 cups rice flour

1 cup rava

1 cup all purpose flour<maida.

Unfried jeera

batter is kept out for ½ hour before rava dosa is made

Mix in buttermilk to batter consistency.

Potato Poha

2 potatoes

4 cups beaten rice<thick poha>

¼ tsp turmeric powder

4 tsp vegetable oil

¼ cup frozen peas

¼ cup frozen corn kernels

\ 1 tsp fried mustard seed

1 tsp salt

20 pieces roasted cashewnut

20 black raisins

lemon juice from one big lemon

soak poha in water for 2 minutes and then drain the water.

In a kadai<big shallow vessel>add turmeric powder and oil and heat for a minute in medium heat.Add beaten rice and cook for 1 minute mixing well.Add peas,corn,mustard seed,raisins,cashewnut,salt,lemon juice and mix well



## Rava upma

3 cups water

1 cup roasted rava<farina>

1 tsp dessicated coconut , 1 tsp each of Vahar ingredients

pinch of hing

lemon juice from one big lemon

1 tsp salt

4-5 fried curry leaves or fresh celantro leaves cut into small pieces,

3tsp ghee

first roast slightly rava in 2 tsp ghee.then add other ingredients.add boiling water to it and simmer it by mixing well and breaking the lumps.Add 1 tsp ghee and mix well.keep in very low heat for a minute closing with a lid..Off the stove and wait for 5 minutes before eating

## \_\_\_\_\_Khaman

1 cup Bengalgram dal (chana dal)

½ tsp salt

1 Tbls yogurt

1 tsp baking soda

Soak dal in water for 5 hours. Remove the water and grind the dal coarse, adding very small amounts of water. Add salt, mix well and keep for fermentation in the oven preheated to 140° and **switched off**. After 10 hours, take it out, mix with yogurt and baking soda.

### **Cooking Khaman:**

Pour the batter onto a flat plate, cover and steam until firm. The cake will be roughly ½ inch thick. When done, cut the Khaman into individual servings.

In a frying pan, add 2 tsp sesame oil, 1 tsp turmeric powder, and 1 tsp paprika. Stir into the pan, the juice of one large lemon and a touch of Hing. Heat, and add Khaman pieces, and gently fry. The Khaman will come out of the pan with a bright yellow color. Put on serving platter and sprinkle with  $\frac{1}{4}$  cup dessicated coconut and 10 leaves of cilantro. Serve.

## Pancake

---

1 cup each of:

oat flour

corn flour

rye flour

barley flour

rice flour

1 Tbls milk powder

1 tsp salt

1 pkg active yeast

1 tsp sugar

Stir sugar and yeast into one cup of warm water and leave at room temperature until it becomes bubbly. Mix in all the flours and salt. Keep for an hour in an oven heated to 140° and switched off.

The batter is ready to fry pancakes.

## Adai

To make Adai batter, mix together ½ cup each of:

- Chana dal
- split pea dal
- urd dal
- split urd dal
- tuvar dal
- whole tuvar
- split moong dal
- whole masur
- 1 cup of dal mix
- 2 cups rice
- 1 tsp salt
- a touch of Hing

Mix dal and rice together , grind coarse, add salt and Hing and ferment for 12 hrs in oven preheated to 140° and **switched off**.

### To cook Adai:

Heat a thick iron tava, spread 1 tsp oil, pour the batter and spread evenly. Make a hole in the center, add oil in the hole and *to the periphery* of the batter. When it becomes brown, turn and heat for another 2-3 min.

## \_\_\_Gravies, Sambhar, Rasam

### *Three dal gravy*

- ½ cup each whole moong
- whole urd
- whole masur dal (lentil)
- 1 tsp salt
- 1 tsp of Vahar
- 1 tsp paprika
- ½ tsp mustard powder
- ½ tsp jeera powder , 1 tsp dhania powder
- ¼ tsp methi powder
- 1 tsp brown sugar
- ¼ of one stick of butter (2 Tbls)
- 1 tsp lemon juice
- 5-6 leaves fresh mint
- 1/8 stick butter

Soak the dals together for 6-7 hours in 4 cups water. Boil till water reduces by half and mash the dals. Add all remaining ingredients and heat for another 5 minutes over low heat.

### **Buttermilk Sauce (Kadi)**

- 1 cup yogurt
- 2 tsp chana flour
- ½ tsp methi powder
- ½ tsp Jeera Powder
- 1 tsp Haldi Powder
- ½ tsp grated skin removed fresh ginger<option>
- 1/8 tsp clove powder<option>
- 1 tsp salt
- 1 tsp sugar
- 1 tsp fried mustard seed
- a touch of Hing
- 1 tsp sesame oil
- 6-8 leaves cilantro

To yogurt, add 2 cups water and churn. Add all other ingredients and boil, stirring constantly. Boil for 1 minute and remove from heat.

### ***Tomato Sauce (Kozambu)***

- 1 cup tomato paste
- 2 cups water
- 1 tsp of each ingredient in Vahar
- 1 tsp salt
- 1 tsp Parruppu Podi
- 1 tsp Kootu Podi
- 1 tsp paprika
- 1 tsp brown sugar
- 1 tsp sesame oil

Mix well and boil uncovered for 5 minutes.

### ***\_\_\_\_Varutharacha Kozambu***

- 1 dhudi
- 2 sweet potatoes
- 5 potatoes
- 10 beans
- 2 raw green bananas
- 4 carrots
- 1 eggplant
- ½ pound squash<remove the skin and cut into pieces>
- 1zucchini
- 2-3 green tomatoes
- 2 capsicum
- 2 stems of Broccoli
- ½ cup each of frozen peas and lima beans
- 60 g. Tamarind
- 2 Tbls fried urd dal
- 4 TA roasted coconut
- 2 tsp roasted sesame seeds
- 2 tsp salt
- 3 tsp brown sugar

Soak tamarind in 1 cup water for 2 hours and extract it. Remove skin and seeds from dhudhi, skin from bananas, potatoes and carrots, strings and ends from beans. Cut them all in big chunks. Bring to boil and cook for 5 minutes. Add tamarind extract. Grind urd dal, coconut, sesame seeds together with small amount of water to form a paste and add to boiling vegetables. Add salt and brown sugar, allow to boil for 2 minutes and remove from heat.



## \_\_\_\_\_***Eggplant Rasa Vangi***

1 cup Thur dal  
60 gm Tamarind  
4 large eggplants  
1 tsp salt  
1 tsp paprika  
3 tsp each of roasted channa dal, urd dal and dhania and  
dessicated coconut  
1 tsp brown sugar  
1tsp fried mustard seed  
5-10 fresh cilantro leaves

Soak Thur dal for 3 hours and then cook in 4 cups water. When dal becomes soft, remove the water. (This water can be used for making rasam.) . Soak tamarind in water for 2 hours and press out the residue and keep the extract. . Cut eggplant into long pieces and boil in sufficient water to cook it. Then add salt, paprika and tamarind extract. When it boils, add cooked Thur dal.  
(For cooking dal, separately cook in 4 cups water till it becomes soft. Drain the water and use for making rasam given in a separate recipe.)

Grind course chana, urd dal, Dhania, and coconut with sufficient water to soak them and add to boiling broth. After 5 minutes add brown sugar, mustard and cilantro.

## \_\_\_\_\_***Rasam***

Thur dal water from rasavangi can be used. Otherwise, cook 1 cup thur dal with 4 cups of water till it becomes soft. Remove the dal and use the dal water for this recipe. (You could use the cooked dal to add to cooked vegetables to make them more tasty.)

To the dal water, add 2 tsp rasam powder, 1 tsp salt, 1 tsp fried mustard seed, juice of 1 large lemon, a touch of Hing and 8-10 leaves fresh cilantro. Heat till it boils and then remove from heat.

## **Sambhar**

20 small onions  
OR 4 big eggplants  
60 gm Tamarind  
1 cup Thur dal  
2 tsp sambhar powder  
1 tsp fried mustard seed  
a touch of Hing  
8-10 leaves fresh cilantro  
1 tsp salt  
2-3 dried powdered curry leaves

Instead of dried sambhar powder you can make fresh sambar powder paste by grinding 1 tsp dhaniya, 2 tsp chana dal, 1/2 tsp roasted methi and 1/3 cup dessicated coconut with small amount of water and add

Peel the skin from onions and chop or, if using eggplant, slice into long pieces.

Soak Tamarind in one cup water and prepare extract.

Cook Thur dal in 4 cups of water

Boil vegetable in water and then add tamarind extract and sambhar powder or freshly prepared sambar extract and boil. Then add cooked dal and other ingredients. Boil 5 minutes.

## \_\_\_\_ ***Vegetable Soup***

- 1 cup Thur dal
- $\frac{3}{4}$  cup chopped onion
- $\frac{3}{4}$  cup diced carrot
- $\frac{3}{4}$  cup diced turnip, skin removed
- 1 cup shredded cabbage leaves
- $\frac{1}{2}$  cup sliced celery
- 1  $\frac{1}{2}$  cup diced peeled potato
- $\frac{3}{4}$  cup frozen peas
- $\frac{1}{2}$  cup macaroni
- 1 can tomatoes
- 1 cup red kidney beans from the can<or soak dry kidney bean in water for 5 hours,boil till they become soft and use.>
- 1 Tbls chopped parsley
- 2 cups grated cheese
- 1 tsp salt

Cook Thur dal in 4 cups water till soft. Use the drained water for soup. (Save dal for another use; e.g., with vegetables or chappathi)

In a big pot, fry onion in  $\frac{1}{4}$  stick of butter over medium heat till soft. Add carrots, turnip, cabbage, celery and fry for 10 minutes. Add dal water, salt and boil gently for 15 minutes.

Then add potato and boil for 10 minutes. Add peas and macaroni to boiling water and cook for 15 minutes. Puree the tinned tomatoes and add along with kidney beans and parsley. Simmer till it is the consistency you want. Mix in cheese and remove from heat.

## **\_\_\_Rice Dishes, Vegetable Pie, Pasta and Porridge**

### **\_\_\_Cooking Rice**

1 cup rice  
2 cups water

Boil water, add rice. When it comes back to a boil, turn heat to low, cover and cook till done. (about 5 minutes.)

### **\_\_\_Coconut Rice**

4 cups cooked rice  
1 cup roasted coconut  
1 tsp roasted sesame seed, powdered  
1 tsp salt  
1 tsp fried urd dal  
1 tsp fried mustard seed  
20 roasted or fried cashew nuts  
1 tsp melted ghee

Mix together well.

### **Lemon Rice**

4 cups cooked rice<take the top portion of rice from cooked rice.>

Juice from 2 lemons

1 tsp salt

1 tsp fried mustard seed

1 tsp turmeric powder (Haldi)

a touch of Hing

2 tsp sesame oil

20 pieces roasted peanut (ground nut)

20 pieces roasted or fried cashew nuts

6-8 curry leaves, chopped

In a small pot, take turmeric powder, add 2 tsp oil and heat. Add rice, lemon juice and other ingredients and mix well.

### ***Tamarind Rice***

4 cups cooked rice

100 g. tamarind

2 tsp salt

2 tsp fried mustard seed

5 tsp fried chana dal

½ tsp methi powder

4 tsp sesame oil

1 Tbls small pieces of fried curry leaves

20 pieces roasted peanuts

Soak tamarind in 3 cups of water and then make an extract. Boil the extract and while it is boiling add other ingredients except peanut and sesame oil. Boil till the paste becomes thick.

Add paste to cooked rice till rice becomes brown. Add roasted peanuts, 2 tsp sesame oil and mix.

***Venpongal***  
**&**  
**\_\_\_\_\_ *Sakkarai Pongal (Sweet Pongal)***

½ cup roasted moong dal  
6 cups water  
1½ cups rice

First cook Moong dal in boiling water for 10 minutes. Add rice and bring to a boil. Cover and cook on low heat for 5 minutes or until rice is tender.

Use half mixture for Vengpongal and half for Sakkarai Pongal, as shown below.

**For Venpongal:**

To the first half of the rice/dal mixture, add ½ teaspoon ghee fried Jeera, 10 ghee fried black pepper and 10 fried curry leaves, 1 tsp salt, 20 pieces of roasted or ghee fried cashew nuts. Mix.

**For Sakkarai Pongal (Sweet pongal):**

For the other half of the above rice/dal mixture, use:

20 pieces of ghee fried cashew nuts  
20 pieces of ghee fried golden raisins  
6-8 threads saffron <grind it in very small amount of milk and half teaspoon of rose water<can be obtained from indian store. in a stone mortar and use the extract>  
1 tsp cardamom powder  
2 cups brown sugar or Jaggery<if you are using brown sugar,you can add 2 Tspn of molasses if available from whole foods or ½ cup of dark brown sugar from Kroger store<,it looks like molasses!!>  
½ cup melted ghee.

To melted ghee, add brown sugar. Add cooked rice/dal mixture. Cook in microwave on 10 power for 5 minutes till sugar melts and again for 5 minutes after mixing well. Mix well and mix in remaining ingredients.

\_\_\_\_\_ ***Yogurt Rice***

\_\_\_\_\_ **1 quart Yogurt**

4 cups cooked rice  
1 small carton sour cream<option>  
10 fried curry leaves  
20 pieces roasted or fried cashew nuts  
1 tsp salt  
1 tsp fried mustard seed  
1 raw mango, peeled and chopped  
1 cucumber, peeled and chopped  
a touch of hing

Mix rice, sour cream and yogurt, then add other ingredients. Mix well and cool in fridge.



## **Pulav Rice**

2 cups basmati rice  
4 cups water  
3 potatoes, peeled and sliced long and thin  
3 carrots, peeled and diced  
1 sweet pepper cut long and thin  
2 stalks broccoli heads to measure ½ cup.  
5 to 10 *American green beans* sliced long and thin  
4 tsp ghee  
5 broken cloves  
5 broken cinnamon sticks  
5 basil leaves  
¼ tsp grated nutmeg  
¼ cup frozen peas  
¼ cup frozen lima beans  
1 tsp salt  
20 ghee fried cashew nuts  
20 ghee fried raisins  
5-6 leaves saffron

Cook basmati rice in water.

Fry in ghee the potatoes, carrots, broccoli, *pepper* and beans.

In another pot, heat ghee, add cloves, cinnamon, basil, nutmeg, peas, and lima beans. Heat for one minute. Add rice and other ingredients and mix well. Then add fried vegetables and mix.

## \_\_\_\_ ***Vegetable Pie***

6 cups all purpose flour  
2 sticks butter  
1 cup shredded cheese  
1½ tsp salt  
1 onion  
1 knolkol (vegetable available in Chinese vegetable store)  
3 potatoes  
1 head broccoli  
½ cauliflower  
2 carrots  
½ cup frozen peas  
½ cup frozen lima beans  
½ tsp turmeric powder  
3 tomatoes  
5-6 basil leaves  
5-6 fresh rosemary, chopped  
5-6 curry leaves, chopped  
corn oil

Peel onion, knolkol, potatoes, carrots and cut all vegetables into small pieces. Heat oil in pan and fry onion till soft. Add remaining fresh vegetables. Sprinkle with water and fry for 5 min. Add peas, lima beans, turmeric, salt and cook till almost done. Then add chopped tomatoes, rosemary, curry leaves and complete cooking.

Melt butter, add flour and 1½ tsp salt and make a dough with ½ cup water. Divide into two portions and roll one at a time to make rounds that will fit the pie plate.

Grease pie plate with butter and fit in one round. Make holes with a fork. Pour the cooked vegetables and spread the cheese on top. Dot with ¼ stick butter. Cover with the second round of dough, sealing edges, and make holes in top with fork.

Bake at 375° for 60 minutes.

## **Pasta**

1 lb macaroni  
1 tsp salt

Boil 6quarts of water, add salt and macaroni. Boil for 10 minutes or till done, stirring occasionally. Drain.

### Sauce

1 stick butter  
1 onion, chopped  
14 oz. can tomatoes  
2 cups shredded mix of mozzarella and cheddar cheese

Melt 2/3 of butter, add onion and fry over medium heat. Add tomatoes with their juice and stir to break them up. Bring to boil, partially cover and heat over medium heat for 30 minutes till it becomes thick.

Grease a baking pan with butter, arrange alternate layers of pasta, cheese and sauce ending with layer of sauce. Dot with remaining butter and bake at 400° for 20-25 minutes.

## **Porridge**

Mix equal parts of: rolled oats, rolled rye, rolled wheat, and rolled barley. Bring to a boil 2 cups milk and 2 cups water. Add 2 ½ cups of the mixed grains. Boil for 1 minute and then add:

- ½ cup brown sugar
- 1 cups raisins
- 2 Tbls honey
- 4-5 threads saffron<grind in small amount of milk>
- 1 tsp cardamom powder
- 1 tsp cinnamon

Cover and cook over very low heat for 1 minute. Cool, mix and store in the frig. If you are not eating immediately it can be stored for a week.

When you want to eat some, take the amount you want and add 1 tsp sugar, ¼ cup milk, mix and heat in microwave for one min.

## **Vegetables and Salads**

### ***Green Beans, Carrots, Cabbage***

2 lbs. each vegetable

Peel the carrots, remove strings and ends from beans. Cut vegetables into small pieces.

For each, place in covered container with  $\frac{1}{2}$  cup water and microwave for 8-10 minutes. Drain and add 2 Tbls coconut, 1 tsp each of salt and fried Bengalgram dal, urd dal and mustard seed, a touch of Hing and mix well. (One can also add cooked Thur dal.)

### ***\_\_\_\_\_Spinach and other Greens***

Wash well, cut off the roots and portions that still have mud. Chop into small pieces, clean with water till water is clear. Put in a bowl, cover and cook for 7-8 minutes in microven. Drain and grind in mixie for  $\frac{1}{2}$  minute. Add  $\frac{1}{2}$  tsp salt, 1 tsp fried urd dal and fried mustard seed, a touch of hing and grind for another  $\frac{1}{2}$  minute.

### ***\_\_\_\_\_Spinach-Potato Curry***

1 bunch spinach

5 potatoes

1 tsp salt

1 tsp vahar (1 tsp of each of the Vahar spices)

a touch of Hing

1 tsp Haldi powder

2 tsp corn oil

Boil potatoes in water, peel and cut into medium pieces. Wash spinach to remove all mud and chop into small pieces. In a pan, heat Haldi powder in oil, add potatoes, spinach and fry. Add salt, Vahar, and a touch of hing *and mix*.

## Potato-cauliflower vegetable

3 potatoes

1 cauliflower

peel potatoes and cut into medium pieces

Remove heads from cauliflower and use

In a vessel take  $\frac{1}{4}$  tsp turmeric powder.add 4 tsp vegetable oil and slightly heat.add potatoes,  $\frac{1}{4}$  cup water and cook in medium heat.After 15 minutes add cauliflower.  $\frac{1}{4}$  tsp rasam powder. 1 tsp salt, 1tsp each of vabar ingredients, pinch of hing and cook for 15 minutes in high heat.

### **\_\_\_\_\_Buttermilk spinach**

Cooked spinach from 2 bunches (see Ingredients re spinach)  
2 tsp ghee  
¼ tsp Jeera (cumin)  
4 tsp dessicated coconut  
1 cup yogurt

Fry Jeera and grind with coconut. Add to spinach, mix and add yogurt.

### **\_\_\_\_\_Potato Podimas**

8 potatoes  
juice of one large lemon  
1 cup frozen peas  
1 tsp turmeric  
1 tsp salt  
1 tsp each of fried bengalgramdal, urd dal, and mustard seed  
5 tsp dessicated coconut  
10 leaves cilantro  
1 tsp vegetable oil  
1/8 pinch Hing  
20 roasted cashewnut

Cook potatoes in microwave (6 min for each big baking potato)  
Peel and mash potatoes. In a large vessel mix together oil, turmeric, and frozen peas and heat in microwave for one minute. Add mashed potatoes and other ingredients and mix together.

### **\_\_\_\_\_Mashed Potatoes**

1 cup mashed potato  
1/8 cup milk  
1 tsp butter  
1/8 tsp salt  
1/4 cup grated cheese

Mix first four ingredients together and sprinkle cheese on top.  
Microwave for 1 minute.

### **\_\_\_\_\_Cooking Corn on the cob**

Cook in microwave 4 minutes for each ear of corn.

### **\_\_\_\_\_Bittergourd (Karela)**

20 bittergourd, chopped into small pieces  
Add 1 tsp citric acid and 1 tsp salt and let sit for 5 hours (to remove bitter principles)

Drain all water to remove bitter constituent.

In a pot, heat 1 tsp each of turmeric and paprika in 2 tsp vegetable oil. Add bittergourd, and cook till dry. Add 1 tsp each of Vahar, a touch of hing, 1/2 tsp salt, and mix. Cook in microwave for 5 minutes to remove residual water.



### \_\_\_\_ ***Stuffed Bhindi (Lady fingers)***

32 Bhindi  
5 tsp channa flour  
½ tsp salt  
20 chopped fresh dhania (cilantro)  
20 finely chopped roasted peanuts  
5 tsp dessicated coconut  
corn oil  
sesame oil

Mix all ingredients except Bhindi with oil till they can be bound together. Cut Bhindi into half lengthwise and stuff with mixture. In an oiled dish, place stuffed Bhindi, cover and microwave for 6 minutes at 10 power and 12 minutes at 5 power.

### \_\_\_\_ ***Baked Eggplant***

2 large eggplant  
4 large tomatoes  
juice of one large lemon  
1 tsp of each spice in vahar  
5-10 leaves cilantro  
1 tsp salt  
1 bell pepper (green sweet pepper)

Cook whole eggplant in microwave (9 minutes each). Grind tomatoes.

When eggplant is cooled, remove skin. Mix pulp with tomato pulp, chopped bell pepper, lemon juice, Vahar, salt and cilantro leaves. Heat for 2 minutes in microwave.

## **Kootu**

1 1/2 cup Thur dal  
10 beans, strings and ends removed  
2 carrots, peeled  
4 potatoes, peeled  
1 zucchini, peeled  
1 green raw banana, peeled  
1 egg plant  
20 frozen lima beans  
20 frozen peas  
2 tsp Koottu Powder  
2 tsp salt  
1 tsp fried urd dal

1 tsp fried mustard seed  
a touch of Hing  
5-8 fresh cilantro leaves

Chop the vegetables into small pieces. Cook dal in enough water. drain the water and use drained water for making rasam. first cook potatoes, bananas, carrots and beans using water just to soak them. Then add cut egg plant, zucchini, lima beans and peas and increase the heat. When they are cooked well add salt and kootu powder. allow to boil. Then add dal, mustard seed and urd dal

## Pumpkin Kootu

1 medium size pumpkin  
2 1 cup chana dal  
3 1 cup milk 4 1 tsp each of fried chana dal, urd dal, mustard seed  
5 1 Tsp crushed dried curry leaves  
Remove the skin of pumpkin, remove the seeds and cut into cubes  
Cook chana dal in 3 cups of water. When it is half cooked, add pumpkin cubes. When cooked, add other ingredients, heat for 2 minutes and cool

### ***Sundal***

- 1 heaping cup of chick peas (brown or white)
- 1 pinch of baking soda
- ¼ tsp tartaric acid
- 2 tsp sesame oil
- 1 pinch of hing (asfoetida)
- 2 or 3 curry leaves
- 1 Tbls brown sugar
- 1 Tbls dessicated grated coconut
- 1 tsp fried mustard seed
- 1 tsp salt

Soak chickpeas in water overnight. Boil until soft. Add baking soda to chick peas while boiling. Drain keeping just enough water to keep chick peas moist.

Add tartaric acid, sesame oil, hing, curry leaves, brown sugar, grated coconut, mustard seed and salt. Let simmer until most of the water is evaporated.

### ***Vadai Paruppu***

- ¼ cup moong dal
- 2 tsp lemon juice
- 1 tsp fried mustard seeds
- 1 cucumber peel and remove seeds
- 5 to 6 curry leaves cut into pieces
- ¼ tsp salt

Soak moong dal for 5 hours in water. Drain and add remaining ingredients. Mix thoroughly.

## ***Avial***

1 dhudhi (squash)  
5 potatoes  
20 American green beans  
2 raw green bananas  
6 carrots  
1 eggplant  
1 cup dessicated coconut  
1 pinch of jeera  
1 pinch of tartaric acid  
1 tsp coconut oil  
2 tsp salt  
½ cup plain yogurt  
1 raw mango  
1 tsp fried mustard seeds

Cut pieces from 6 to 8 curry leaves. Remove the skin and seeds from the dhudhi (squash). Peel mango, potatoes and carrots and remove strings and ends from beans. Cut vegetables into long thin strips. Par-boil vegetables in water.

Grind coconut with jeera and add to boiling vegetables. Add remaining ingredients and boil. Cool at room temperature.

## ***Carrot Salad***

8 carrots  
1 tsp salt  
5 Tbls lemon juice  
1 tsp fried mustard seed  
1 tsp sesame oil  
a touch of Hing  
6-8 leaves fresh cilantro

Peel carrots and grate them. Add all the ingredients mentioned and mix.

## BREADS AND ROLLS

### *Orange Bread*

1 packet yeast stirred into 1 cup warm water with 1 tsp sugar.

Set aside for 30 minutes.

2 tsp grated orange peel

2 cups lukewarm orange juice

1/3 cup sugar

1 stick butter – softened

6 cups all-purpose flour

2 cups whole wheat flour

2 tsp salt

Mix well: orange peel, orange juice, sugar, salt, yeast and butter.

Slowly add all-purpose and whole wheat flour to make a stiff dough.

Knead for 10 minutes until smooth. Place dough in a greased bowl and brush surface with butter. Keep it for 2 hours in an oven that has been pre-heated to 140 degrees F. **and turned off** . Remove dough from oven and pre-heat oven to 140 degrees again and turn off the oven.

Divide dough in half and shape two loaves. Place each loaf into a greased bread pan. Cover and let rise for another two hours in pre-heated oven that has been turned off.

Bake bread at 375 degrees F. for 30-35 minutes until top is golden brown and fork comes out clean.

## ***Buttermilk Rolls***

1 packet yeast stirred into 1 cup warm water with 1 tsp sugar.

Set aside for 30 minutes

2 cups buttermilk (Option: make by churning 1 cup water with 1 cup yogurt.)

½ stick softened butter

3 tsp sugar

2 tsp salt

4-6 cups all-purpose flour

Mix first 5 ingredients well. Slowly add flour to make dough. Divide into individual servings and shape rolls. Allow to rise for 2 hours in a pre-heated 140 degree oven (turned off). Bake at 375 degrees for 22 minutes until golden brown.

## ***Buns***

1 cup scalded and cooled milk  
1 packet yeast stirred into 1 cup warm water with 1 tsp sugar. Set aside for 30 minutes  
8 cups all-purpose flour  
1 cup warm water  
1 cup raisins  
1 cup dried, sweetened cranberries  
1 cup brown sugar  
1/8 tsp cinnamon  
2 tsp salt  
1 stick butter melted and cooled

Mix 2 cups flour in 1 cup water and 1 cup milk  
Add yeast, raisins, cranberries, brown sugar, cinnamon, salt and melted butter. Mix well.

Slowly add remaining flour. Knead for 10 minutes. Pre-heat oven to 140 degrees F. and turn oven off. Shape into buns and allow them to rise in oven for three hours.

Bake at 375 degrees F. for 22 minutes.

## Desserts and Snacks

### *Oatmeal Raisin Cookies*

2 sticks butter melted and set aside to cool  
1 cup brown sugar  
½ cup granulated sugar  
½ cup yogurt  
1 tsp vanilla extract  
1 ½ cup all purpose flour  
1 tsp baking soda  
1 tsp cinnamon powder  
½ tsp salt  
3 cups oats  
1 cup raisins

Beat butter and sugar together until creamy. Add yogurt and vanilla and beat well. Combine flour, baking soda, cinnamon and salt. Stir in oats and raisins and mix well.

Drop by rounded tablespoon-full onto ungreased cooking sheet.

Bake at 375 degrees F. for 20-30 minutes until golden brown.

Cool in cooking sheet for 1 minute. Remove to cooling rack and cool for 2 to 3 hours before storing.



### ***Marzipan Chocolate Cake***

1 packet Marzipan (almond paste made with almond paste and sugar) from Whole Foods  
1½ cups all-purpose flour  
¼ cup dry milk powder  
¼ cup cocoa  
½ tsp salt  
1 tsp baking soda  
1 cup powdered sugar  
1 stick butter  
1 cup yogurt

Homogenize yogurt and marzipan in a blender. Slightly melt the butter in the microwave. Mix together: sugar, milk powder, cocoa, salt and baking soda. Slowly add this mixture of dry ingredients to the butter. Next add the marzipan/yogurt mixture. Slowly add flour and mix well.

Grease the cake pan with butter, add cake mixture. Bake at 375 degrees F. for 45-50 minutes. Wait until cool to remove from pan. Ice with chocolate icing after it has cooled.

### ***Chocolate Icing (for one cake)***

1 stick butter – room temperature  
2 cups powdered sugar  
pinch of salt  
¼ cup cocoa  
1 tsp vanilla extract

Crush butter into paste. Mix together: sugar, cocoa and salt. Add this mixture slowly to butter mixing thoroughly. Add vanilla and 6-10 tablespoons warm water and beat until fluffy. Add the icing to the top of the cake and spread down the sides.

Banana cake

All purpose flour 2 1/2 cups  
Sour cream 1 cup or 1 cup yogurt  
Ripe bananas 3  
Baking powder 2 1/2 tspns  
Baking soda 1/2 tspn  
Salt 1/2 tspn  
Butter 1 stick  
Sugar 1 1/4 cup  
Vanilla extract 1 tspn  
Cloves powder 1/8 tspn  
Cinnamon 1 1/2 tspn  
Nutmeg 1/2 tspn  
walnut 20 pieces, grind them into small pieces

Sieve flour, baking powder, baking soda, salt and spices  
Melt butter, add sugar to it and cream it. Then add sour cream, or yogurt, walnut pieces, vanilla and again mix it to form a good paste  
Mash bananas into semi solid  
To creamed butter, add flour and bananas alternately, mixing but not beating.  
Take in a cake pan buttered at the bottom and sides and bake at 375 degrees F for 55 minutes till it becomes brown and fork inserted comes out clean

## ***Carrot Cake***

3 sticks butter softened  
2 cups brown sugar  
1 cup yogurt  
3 tsp vanilla extract  
1 tsp grated lemon rind (do not use white pulp)  
4 cups all-purpose flour  
1 tsp salt  
½ tsp baking soda  
1 tsp baking powder  
1 tsp all spice  
2 tsp cinnamon  
2 ½ cups finely shredded peeled carrot  
¼ cup lemon juice (sprinkle over shredded carrot and mix together)  
1 cup raisins  
1 cup chopped walnuts  
½ cup shredded dessicated coconut (sold at Whole Foods)

Beat together butter and sugar. Add yogurt and beat until fluffy. Stir in vanilla and lemon rind. Sift flour with other dry ingredients and add this dry mixture to butter mixture alternately with carrots beginning and ending with dry mixture.

Mix just enough to thoroughly moisten dry ingredients after each addition. Add raisins, walnuts, and coconut with the last flour addition and mix.

Divide batter between 2 ungreased loaf pans. Bake at 350 degrees F. for 60-65 minutes until fork comes clean. Cool for 10 minutes and remove from pans.

### ***Light Fruit Cake***

Heat the following ingredients together in a heavy sauce pan. Slowly bring to a boil and keep over low heat for 3 minutes. Let cool. When cooled add 2 Tbls Rum.

1 tin Nestle's condensed milk  
1 cup water  
2 oz. dried cranberries (25 g)  
8 oz. currents (200 g)  
8 oz. golden raisins (200 g)  
20 oz. mixed dry fruits, cut into small pieces  
8 oz. butter (200 g)

Sieve the following ingredients together:

2  $\frac{3}{4}$  cups all-purpose flour  
 $\frac{3}{4}$  tsp baking soda  
1 pinch salt

Stir the dry ingredients into the fruit mixture. Mix gently.

Pour into greased 8" baking dish with cut wax paper at the bottom. Decorate with nuts e.g.; walnuts, cashews, and blanched almonds (soak and remove skin).

Bake at 300 degrees F. for 1  $\frac{1}{2}$  - 2 hours. While baking, keep a pan of water on the bottom shelf of the oven to keep the cake moist.

## ***Apple Sauce Cake***

1 cup sugar  
1 stick butter  
1 pinch of salt  
½ tsp each: cinnamon, nutmeg, clove powder  
2 tsp baking soda  
3 apples  
2 cups all-purpose flour  
1 cup raisins

Core apples, cut into small pieces and boil in minimum amount of water. Drain water off and puree apples in a food processor.

Soften butter in microwave for one minute if needed, then cream with sugar until fluffy.

Mix together flour, spices, salt and baking soda. Add small amounts of dry mixture alternating with small amounts of applesauce to the butter mixture, blending gently after each addition.

Add raisins.

Add batter to a cake pan greased with butter. Bake at 375 degrees F. for 50 minutes.

### ***Chocolate Cake***

1  $\frac{3}{4}$  cups all-purpose flour  
1/4 cup milk powder  
1/4 cup chana flour  
1/4 cup cocoa  
1/2 tsp salt  
2 tsp baking soda  
1 cup powdered sugar  
1 stick butter  
1 cup yogurt or sour cream

Mix all ingredients together, pour batter into cake pan greased with butter.

Bake at 375 degrees F. for 30-35 minutes till the fork inserted comes clean.

### ***Peda***

1cup dry milk powder  
1 can condensed milk  
1/2 stick butter  
5 – 6 leaves saffron<grind it in a mortar with rose water and a tspn of milk.  
1/4 tsp cardamom  
1/8 tsp cinnamon  
10 pieces of crushed cashew nut  
10 pieces of crushed pistachio  
1/4 tsp rose water

Take a vessel in which ingredients will fill only half. Melt the butter in the microwave. Mix milk powder and condensed milk with the butter. Het in the microwave for a minute.take it out ,mix well and again heat in the microwave for a minute.this way heat for 6 minutes each time

for one minute<if you double the quantity of ingredients total heating can be for 8 minutes>

take it out,mix well ,add cardamum,saffron,cashewnut,pistachio and mix well.

Pour it in a buttered plate.

After cooling,make small balls,flatten them and keep for drying at room temperature

## ***Orange Cake***

1  $\frac{3}{4}$  cups all-purpose flour  
   $\frac{1}{4}$  cup milk powder  
   $\frac{1}{4}$  cup chana flour  
2 tsp baking powder  
 $\frac{1}{2}$  tsp salt  
1 stick butter  
1 cup sugar  
 $\frac{3}{4}$  cup yogurt or sour cream  
 $\frac{2}{3}$  cup orange juice  
1  $\frac{1}{2}$  tsp orange rind grated and minced

1 tsp cardamom powder  
 $\frac{1}{4}$  cup dessicated coconut

Cream butter, sugar and chana flour, then gradually add yogurt and orange rind. Sift together flour, salt, and baking powder. Gently fold dry ingredients into butter mixture, alternating with orange juice until all ingredients are mixed together. Do not beat.

Pour batter into cake pan greased with butter and bake at 350 degrees F. for 50-60 minutes till fork inserted comes clean



### ***Dutch Apple (or peaches or plum) Cake***

1 ½ cups all-purpose flour  
2 ½ teaspoons baking powder  
½ tsp salt  
3 tsp sugar  
1 stick butter  
1 tsp vanilla extract  
½ cup milk

For topping:

5 cups apple (peach or plum)  
½ stick butter  
1 cup sugar  
1 tsp all-purpose flour  
1 tsp cinnamon  
2 tsp lemon juice

Sift together dry ingredients for the cake. Use two knives or a pastry cutter to blend the butter into the dry ingredients until it has the texture of coarse corn meal. Add vanilla and milk and toss with a fork until moist. Roll out dough to fit into a pie pan.

Make topping by creaming butter and sugar together until fluffy. Add 1 tsp flour, cinnamon and lemon juice. Place sliced fruit into the piecrust. Sprinkle topping mixture over the fruit and spread evenly across top. Bake at 400 degrees F. for 40 – 50 minutes.

### ***Fruit Pie***

4 cups all-purpose flour  
1 tsp salt  
1 stick butter  
6-12 Tbls cold water

Mix flour, salt and butter, sprinkle water over flour mixture 1 tsp at a time, press the flour with fork to absorb water. Do not stir. Use only enough water to hold the pastry together. Press together gently. Divide dough in half. Roll each half into 1/8" thick shell to fit pie pan.

Grease pie pan and fix the bottom crust in the pan. Using a fork, prick a few holes in the bottom crust and set aside.

#### Fruit filling:

1 cup sugar  
2 Tsp flour  
½ tsp cinnamon  
1/8 tsp salt  
½ cup of mixed nuts: pistachio nuts, walnuts and cashews (broken)  
1 cup raisins<cooked in water till it becomes soft.Remove the water and use the raisins>  
1 tsp lemon juice  
¼ stick of butter

#### 4 cups fruit:

Apples (peeled, cored and sliced)  
or Cherries (pits removed)  
or Seedless grapes (cut in half)  
or Mango (peeled and sliced)

Mix sugar, flour, cinnamon and salt together. Spread half of this mixture over the bottom crust. Add fruit slices, raisins and nuts. Sprinkle remaining filling mixture over the fruit. Sprinkle the lemon juice over the fruit. Dot filling all around with ¼ stick of butter.

Seal with upper pastry shell. Bake at 425 degrees F. for 45-60 minutes till crust turns golden brown and fork dipped in pie comes out clean

## ***Short Bread***

3 sticks Butter  
½ cup powdered sugar  
2 cups all-purpose flour  
1 cup rice flour  
2 – 3 leaves saffron <grind in small amount of milk>  
¼ cup cashew nuts (roasted and crushed)  
¼ cup pistachio nuts (roasted and crushed)  
3 drops vanilla extract  
½ tsp cardamom

Slightly melt butter in microwave. Mix well: butter, sugar, saffron, cardamom, vanilla and nuts. Slowly add all-purpose flour and rice flour alternately, mix and knead for 20 minutes. Make small balls. Flatten them and place on a cookie sheet. (Grease sheet if needed.)

Bake at 375 degrees F. for 15 minutes. Remove from oven before they brown. Remove from sheet and let cool.

## **Mysore Pak**

1 cup chana flour  
2 cups sugar  
½ cup water  
2 cups ghee  
Roast chana flour in a little ghee  
Make sugar syrup in water  
Add flour and ghee alternately to heated sugar syrup constantly stirring till bubbles come up. Pour it in a plate when done and cut into pieces

## **Badam Barfi <Almond Burfi>**

One packet of Marzipan <can buy in Whole Foods>  
3 cups sugar  
1 cup Ghee  
3-4 leaves of saffron <CRUSH IN SMALL AMOUNT OF MILK>  
½ CUP MILK

Cook marzipan<slice them into small pieces> and sugar in milk.adding ghee gradually stirring it all the time.when it becomes thick,pour in a plate and cut into pieces

Chikki<Peanut Fritters.>

One kilo roasted skin removed peanut

$\frac{3}{4}$  kg brown sugar or jaggery

$\frac{1}{2}$  cup water

make sugar or jaggery syrup in water.

To heated syrup add slowly peanut mixing well to soft crack and mix well.When it becomes thick,remove,pour in a plate and cut into pieces

Instead of peanut,you can also use cashew nut or sesame seeds

## ***Baked Apples***

5 apples  
6 Tbls brown sugar  
2 pinches cardamom  
2 pinches cinnamon  
2 Tbls raisins  
2 Tbls walnuts (broken)

2 Tbls honey (set aside)  
Have some butter set aside.

Make a filling by mixing all ingredients together, except the apples and honey. Use a small knife to cut straight down through the center of each apple, removing the core and seeds.

Pack  $\frac{1}{4}$  tsp butter into the center of each apple, pushing it to the bottom. Pack the remaining space with filling mixture. Add a little honey at the top.

Bake in microwave 4 minutes for each apple.

### ***Cheese Biscuits***

2 cups all-purpose flour  
3 tsp baking powder  
1 tsp salt  
½ stick butter  
1 cup grated cheese  
¼ cup milk

Sift together: flour, baking powder, and salt. Using two knives, cut the butter into the cheese until the mixture resembles the texture of corn meal.

Use a fork to lightly toss the butter mixture into the flour mixture. Add milk and toss with fork, making sure that all of the flour is moistened.

Knead dough lightly for 2 minutes. Turn dough on to floured table with smooth side up. Roll out dough to ½ inch thick. Using a lid or a biscuit cutter, cut into circular disks. Place on to cookie sheet. Bake at 450 degrees F. for 10 minutes.

Bhel <all ingredients can be purchased in Indian Store>

4 cups popped rice <parched also called pori. >  
¼ cup roasted skin removed peanut<ground nut>  
¼ cup skin removed parched chana dal  
2 tsp roasted sesame seed  
¼ tsp turmeric powder  
4 tsp vegetable oil  
¼ cup black raisins  
1 cup thin sev  
1 tsp ghee or oil fried curry leaves<option.>  
Pinch of citric acid

In a kadai<big shallow vessel>,add turmeric powder and oil and heat for a minute in medium heat.Then add popped rice and roast for a

minute in low heat. Then add chana, sev, peanut, sesame seed raisin, citric acid and mix them well.

## Dahi Misal

- 1 Two big red onions
- 2 Thin sev<from Indian grocery store>
- 3 ½ tsp jeera
- 4 ½ tsp fried mustard seed
- 5 1.2 tsp jeera powder
- 6 ½ tsp dhania powder
- 7 one big lemon
- 8 50 g tamarind
- 9 2 tsp salt
- 10 2 tsp brown sugar
- 11 3 1/2 cups mixture of whole moong and whole mutt<another type of whole legume> in the ratio of 3:1
- 12 ½ tsp turmeric powder/
- 13 3 tsp vegetable oil
- 14 Yogurt
- 15 celantro<fresh coriander leaves one bunch<available in vegetable stores>

soak legumes in water overnight. Then tie in wet cheese cloth and keep in colander for sprouting<don't sprout completely>. It may take 12 hours to sprout

soak tamarind in hot water just sufficient to soak it. After 1 hour, extract tamarind in the water and throw away the residue.

Remove the skin of the onion and cut into small pieces

Cook sprouted legumes in water till it becomes soft.. Drain excess water<keep water just enough to keep cooked legume wet>.



In a vessel take vegetable oil and fry jeera. Then add half of cut onions and fry till it becomes soft..add cooked legumes. Add turmeric and heat for a minute. Then add fried mustard, jeera powder, dhania powder and mix. Now add tamarind extract and salt and mix and heat for 2-3 minutes <taste and find out salt is sufficient>

For the the other half of cut onions add lemon juice and add cut cilantro leaves

For serving, take cooked legume in a bowl, add sev and lemon, cilantro, onion mixture as much as you want and then yogurt <as much as you want>

### ***Rice Kheer***

4 cups whole milk  
¼ cup basmati rice  
½ cup sugar  
1 cup evaporated milk  
10 pistachio nuts  
5 – 6 leaves saffron  
1 tsp cardamom powder  
2 tsp ghee  
20 pieces raisins  
20 pieces cashews (broken)  
1 Tbls rose water

Heat 2 tsp ghee in a pan and fry cashews on low heat. Remove cashews from pan and fry the raisins keeping the heat low. Set aside.

Boil the milk until it is reduced to  $\frac{3}{4}$  the volume, or 3 cups.

Roast basmati rice and stir the roasted rice into the boiling milk. Bring the milk back to a boil without a lid, then reduce heat to low and cover and cook until the rice is tender (approx. 5 - 10 minutes). Turn the heat off. Churn the rice so that it becomes very soft and homogeneous with the milk. Stir in sugar, evaporated milk, spices, rose water, raisins and nuts and refrigerate. Serve as a dessert.

## Moong dal Kheer

Ingredients are same as for rice kheer except rice is replaced by roasted moong dal..In this case covering with lid cook roasted moong for 20 minutes till moong dal is cooked<soft>.Then churn it well.Add dark brown sugar or jaggery instead of sugar

## ***Badam Kheer***

1 packet marzipan paste (from Whole Foods)

1 Tbls rose water

2 – 3 drops vanilla extract

5 – 6 saffron leaves

½ tsp cardamom

½ quart of milk

Mix all ingredients with the milk, homogenize and cool in the refrigerator.

### ***Apple Sauce***

10 apples  
10 Tbls sugar

1/4 tsp cardamom  
1/4 tsp cinnamon  
1/8 tsp nutmeg

Peel the apples, remove the core, cut into small pieces. Cook in a very small amount of water<1 cup water>in low heat.It takes 20 minutes to cook<to become soft>. Remove any residual water and mash.

Add all ingredients and mix.

### ***Mango Srikand***

2 quarts yogurt  
1 1/2 cup sugar  
1 cup mango pulp  
6 leaves saffron  
1/2 tsp cardamom  
1 tsp rose water  
8 – 10 pieces of pistachio crushed.<option>

Run yogurt thru cheese cloth without squeezing. It takes 12 hours for all water to go through. Now keep the solids in the refrigerator overnight so that extra water can be removed. Now take the whey (solid mass) out in a vessel and add sugar, mango pulp, saffron, cardamom, rose water and pistachio and mix well by beating. Cool it in the refrigerator and use.

### ***Mango Ice Cream***

(Ingredients found in Indian grocery stores or Whole Foods.)

3 cups yogurt

1 tin sweetened condensed milk

3 cups mango pulp (Canned mango pulp from Indian grocery store.)

½ tsp cardamom

6 – 8 leaves saffron< crush in small amount of milk..and ½ tspn rose water>

Combine condensed milk, yogurt mango pulp, cardamom, saffron and mix . Keep the mixed ice cream in freezer .

The next day bring the tray out of the freezer to thaw. Mix it well and freeze again. Thaw and freeze 3 times before serving.

If you have ice cream making machine you can use it to make ice cream from the mixture you made. In this case when you have made ice cream mixture you can put it in the cooled bowl <should be cooled in freezer overnight> and mix for 25 minutes and keep in freezer for 6-8 hours before you eat

### **Almond Ice cream**

2 cups homogenized milk

1 cup yogurt

1 cup whipping cream

1 tin condensed milk

1 packet marzipan

homogenize all and follow the procedure given for making ice cream  
Frozen mango lassi<Frozen mango yogurt.

4 cups yogurt

3 cups mango pulp

1 cup whipping cream

1 tin condensed milk

1/8 tsp cardamom

1/8 tsp rose water

3-4 leaves saffron<crush in small amount of milk..

Homogenize them.other procedures are same as for ice cream

### ***Sweet Potato Dessert***

Two long sweet potatoes  
1 cup brown sugar  
1/8 stick butter  
1/4 cup milk  
1/2 cup raisins  
1/4 cup broken walnuts  
6-12 broken cashewnut  
1 Tsp roasted sesame seeds  
1/4 tsp cardamom  
1/8 tsp nutmeg  
1/8 tsp cinnamon  
5 – 6 leaves saffron  
1/4 cup dessicated coconut  
2-3 Tsp honey

Cut the sweet potatoes and boil in water for 20 minutes. Remove the skin and mash the potatoes in a vessel.

In a baking dish suitable for the microwave, rub the bottom with the butter. Stir 1/2 cup brown sugar into 1/4 cup milk and pour into the baking dish.

Mix remaining ingredients (1/2 cup brown sugar, raisins, nuts, spices and coconut) into the mashed sweet potatoes. Add this mixture to the baking dish and put in the microwave for 10 minutes until sizzling of water stops.

Rava kesari<also called Sojji>

1cup rava<farina.>  
3 cups water  
1/2 cup ghee  
1 cup sugar  
1/4 tsp cardamom powder  
5 leaves saffron  
20 golden raisin

20 cashewnut

Fry separately raisin and cashewnut in ghee<heat ghee in slow heat and fry them.see you don't burn them.

Roast rava in 2 tsp ghee in a suitable vessel.To it add boiling water.cook in low heat and see no lumps are formed.If formed break them.Then add sugar and ghee alternately and cook further in low heat.Add other ingredients,mix well and close with a lid . off the heat

Magaj

2 cups magaj flour or laddu flour or laddu basen >

1 cup ghee

2 1/2 cups powdered sugar

Add flour and ghee in a kadai<shallow vessel> and heat in a medium heat all the time stirring till you get flour flavour and it becomes smooth to stir.It takes 9-10 minutes

Allow it to cool till it is luke warm.Now add sugar and mix and stir in low heat till it becomes homogeneous.Add 1 tsp cardamom powder,pinch of nutmeg powder and 6-8 leaves of saffron<make a paste of saffron in very small amount of milk> and stir.Then pour in a plate greased with ghee and flatten it using the bottom of stainless cup..On the top, add skin removed almond pieces and broken pista pieces<these two are optional>.Cut them into diamonds and remove the pieces after the plate becomes cool.

Sukidi

3 cups chapathi flour

2 cups ghee

3 cups dark brown sugar or jaggery

Add ghee and flour in a vessel and heat for 4 minutes at high heat all the time stirring and mixing breaking the lumps.Then put in a micro oven making a hole in the middle of the flour<so that ghee does not overflow>.Keep for a minute,take it out,mix well and again put for a

minute. Like this do it 4 times till flour is well cooked and you get good aroma.

In another vessel take sugar and 1/3 cup ghee and heat in medium heat stirring all the time for 3 minutes till it becomes homogeneous and bubbles come up. Now add roasted wheat flour and stir at low heat and then off the heat. Now if you want add 1/3 cup roasted sesame seeds, handful of skin removed, roasted and broken peanuts. Pour in a plate greased with ghee. Flatten it using the bottom of stainless steel cup. Cut into diamonds and remove the pieces after the cake is cooled.



## **BEVERAGES**

### ***Mango Lassi (Mango Buttermilk)***

2 cups mango pulp  
2 cups yogurt  
5 tsp sugar  
4 – 5 leaves saffron<crush in small amount of milk>  
1 tsp rose water  
1/8 tsp cardamom

Mix together in a blender and cool in the refrigerator.

### ***Mango Milk Shake***

2 cups mango pulp  
4 scoops vanilla ice cream  
2 cups milk

Mix together in a blender and serve.

### ***Panagam (Sugar drink)***

2 cups brown sugar

3 tsp lemon juice

½ tsp cardamom powder

5 – 6 very small pieces of raw ginger peeled and chopped

Mix all ingredients in 4 cups of water and keep refrigerated.

### ***Neer more (Buttermilk drink)***

2 cups yogurt

3 tsp lemon juice

1 tsp fried mustard seed

¼ tsp salt

5-6 very small pieces of raw ginger peeled and chopped

5-6 curry leaves cut into small pieces

Mix yogurt with 2 cups water. Add all ingredients. Mix well and refrigerate.

**\_\_\_Ingredients used for recipes and stores that carry them.**

I = Indian grocery store  
W = Whole Foods  
T = Trader Joe's  
S = Super Market  
C = Chinese grocery store  
V = any vegetable and fruit market

**A**

All-purpose flour	I, S
All spice	W
Apples	V
Almond paste<Marzipan>	W

**B**

Baking Powder	W, S
Baking Soda	W, S
Banana (Raw, green .	C
Barley flour	W
Basil leaves (dry)	W
Basmati rice	I
Beans	V
Beaten rice<poha>	I
Bell pepper (sweet pepper)	V
Bengal gram (chana) dal	I
Bhindi (Ladies finger)	C
Bittergourd (Karela)	C
Blackgram dal (urd dal)	I
Black pepper	I, W, S
Black Raisin	W, T
Broccoli	V
Brown chick peas (brown chana)	I
Brown sugar (dark)	S
Butter	S
Buttermilk	W, S

## C

Cabbage	V
Cardamom	I, W
Carrots	V
Cashew nuts	I, W, T
Cauliflower	V
Cilantro (kothamir, coriander leaves)	C, V
Celery	V
Chana dal (Bengalgram)	I
Chana (Bengalgram) flour	I
Cheddar cheese	W, S, T
Chapathi flour	W, I
Cheese shredded	W, S, T
Cherries	W, V
Chili Powder	I
chocolate chips	T
Cilantro	V
Cinnamon powder	I, W
Cinnamon sticks	I, W
Citric acid	I, W
Cloves	I, W
Clove powder	W, I
Cocoa	T, W, S
Coconut (dessicated)	I, W
Coconut oil	I, W
coconut milk	W
Condensed milk	S
Coriander leaves	V, C
Coriander seeds	I, W
Corn flour	W
Corn oil	S, W
Cowpeas	I
Cranberry (sweet, dried)	W
Cucumber	V
Cumin (jeera)	I, W
Currants	W

Curry leaves	I
--------------	---

**D**

Dessicated coconut	I, W
Dhania Leaves (cilantro Kothamir)	C, V
Dhania seeds (coriander seeds)	
Dhania powder	I

Dhudhi (Indian squash)	C
Dried fruits	T, W

## **E**

Eggplant	C, V
----------	------

## **F**

Farina<Rava or Sojji>	I
Fenugreek (methi) seeds	I, W

## **G**

Ghee (clarified butter)	I
Ginger (fresh)	V, C, I
Golden raisins	W, T
Green gram dal (moong dal)	I
Green gram<whole>	I
Gur<jaggery>	I
Haldi (Turmeric powder)	I
Hing (Asafoetida)	I
Honey	I, T, W

## **I**

Idli Rava	I
-----------	---

## **J**

Jaggery (Indian dark sugar)	I
Jeera Seeds (cumin)	I, W
Jeera powder	I, W

## **K**

Kidney beans (canned)	W, S
Knolkol	C

## L

Laddu Basen	I
Laddu flour	i
Lemon	V, C
Lentils	I, W
Lima beans (frozen)	S

## M

Macaroni	T, W
Magaj flour	I
Mango fruit	W, C
Mango pulp	I
Marzipan (almond paste)	W
Methi seed<fenugreek>	W, I
Molasses powder	W
Moong	I
Mozarella Cheese	W, T
Milk Powder	S, W
Moong dal (green gram)	I
Mustard seed	I, W
Mutt	I

## N

Nutmeg	I, W
Nutmeg Powder	I, W

## O

Oats (rolled)	W
Oat flour	W
Onion (big)	V
Onion (small)	I, C

Oranges (fresh)	V
Orange Juice	T, W, S

## **P**

Paprika powder	I, W
Parsley leaves	V
PARCHED<PORI> RICE	I
Parched chana dal	I
Peanut (ground nut)	W, I, T
Peas (frozen)	S
Pepper (black)	I, W, S
Pistachio	T, W, I
Poha<beaten rice>	I
Potato	V
Powdered Sugar	S

## **R**

Raisins (black)	W, T
Rai<mustard seed>	W, I
Rava (Farina, soji)	I, W
Raw Mango (green)	C, V
Red chili (dry)	I, C
Rice	I, S, W
Rice flour	I, W
Parched chana dal	I
Roasted peanut	T, W, I
Rolled Barley	W
Rolled oats	W
Rolled Rye	W
Rolled wheat	W
Rose water	I, W
Rye flour	W

## **S**

Saffron	I, T, W
Salt	S, I
Sesame oil (til oil)	I,



Sesame seed (til)	I, W
Sev	I
Sour cream	W, S
Spinach	V
Split moong dal	I
Split pea dal	I
Split urd dal	I
Squash (dudhi)	C
Sugar	S
Sweet pepper (bell pepper)	V
Sweet potato	V

## **T**

Tamarind	I
Tartaric acid	W
Thur dal	I
Tomato (fresh)	V
Tomato (canned)	T, S
Tomato paste (canned)	T, S
Turmeric (haldi) powder	I
Turnip	V

## **U**

Urd (Blackgram dal)	I
---------------------	---

## **V**

Vahar (Made at home - fried chana dal, fried urd dal and fried mustard seed.)	
Vegetable oil (corn or Mazda oil)	I, S
Vanilla Extract	T, W
Vanilla Ice Cream	S

## **W**

Walnut	T, W
--------	------

Whipping cream	W, S
White chick pea (kabuli channa)	W, I
Whole Masur (lentil)	W, I
Whole Moong	I, W
Whole Tuvar	I
Whole urd	I
Whole wheat flour (Atta)	I, W

## **Y**

Baking Yeast	I
Yogurt	S, W
(Dannon unpasturized or make at home using Dannon for starter.)	

## **Z**

Zucchini	V
----------	---

## **SUBJECT INDEX**

### **A**

Adai Batter	27
Apple Sauce	74
Apple Sauce Cake	60
Apples - Baked	69
Avial	51

### **B**

Badam Kheer	73
Baked Apple	69
Baked Eggplant	48
Beans (Green Beans)	44
Bittergourd (Karela)	47
Buns (Sweet Rolls)	54
Buttermilk Rolls	53
Buttermilk Sauce (Kadi)	29
Buttermilk Spinach	46

### **C**

Carrot Cake	58
Carrot Salad	51
Cheese Biscuits	70
Chili Powder (molaka podi)	13
Chocolate Cake	61
Chocolate Icing	56
Chutney	
Coconut Chutney	14
Chutneys & Pachidis	14
Coconut Rice	35
Corn on the cob	47

### **D**

Danger Pachidi	15
Dessicated Coconut (roasting)	13
Dosa Batter (Basic)	20
Dosas	20
Dutch Apple (or peaches or plum) Cake	64

### **E**

Eggplant - Baked	48
Eggplant Rasa Vangi	32

### **F**

Fried bengalgram dal (chana dal)	14
Fried thur dal	15
Fried urd dal	14
Fruit Pachidi	17
Fruit Pie	65

### **G**

Ghee	12
Ghee (clarified butter)	12
Gravies	28
Green Gram (Moong) Dal (roasting)	13

### **I**

Idli Batter	18
Ingredients used for recipes and stores that carry them.	82

### **K**

Khaman	24
Khaman Batter	24
Kheer	73
Kootu	49
Kootu Podi	10

<b>L</b>	
Lemon Rice	36
Light Fruit Cake	59
<b>M</b>	
Mango Ice Cream	75
Mango Lassi (Mango Buttermilk)	80
Mango Milk Shake	80
Mango Srikand	74
Marzipan Chocolate Cake	56
MASALA POWDERS	10
Moong	13
<b>N</b>	
Neer more (Buttermilk drink)	81
<b>O</b>	
Oatmeal Raisin Cookies	55
Oats Dosa Batter	22
Orange Bread	52
Orange Cake	63
<b>P</b>	
Panagam (Sugar drink)	81
Pancake Batter	26
Parappu Podi	11
Pasta	42
Peda	61
Porridge	43
Potato Podimas	46
Potatoes (mashed)	47
Pulav Rice	40
<b>R</b>	
Rasam	28, 32
Rasam Podi	10
Rava (Farina or Soji)	13
Rava Dosa Batter	22
Rice	35
<b>S</b>	
Sakkarai Pongal (Sweet pongal)	37
Sakkarai Pongal (Sweet Pongal)	37
Sambhar	33
Sambhar Podi	10
Sambhar,	28
Short Bread	67
Spices	12
Spinach	44
Spinach-Potato Curry	44
Stuffed Bhindi (Lady fingers)	48
Sundal	50
Sweet Potato Dessert	77
<b>T</b>	
Tamarind Rice	36
Three dal gravy	28
Thur dal Chutney	15
Tomato and Cucumber Pachidi	17
Tomato Sauce (Kozambu)	30
<b>V</b>	
Vada	20
Vadai Paruppu	50
Vahar	12
Varutharacha Kozambu	30
Vegetable Pie	41

Vegetable Skin Chutney	14
Vegetable Soup	34
Vegetables and Salads	44
Venpongal	37
<b>W</b>	
Wheat (Atta) Dosa Batter	22
<b>Y</b>	
Yogurt	12
Yogurt Rice	39